

I claim as my invention:

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1. A composition for enteral administration comprising at least one anti-HIV drug and at least one cortisol blocker.

2. The composition according to claim 1 wherein said anti-HIV drug is selected from the group consisting of AZT, DDC, DDI, D₄T, 3TC, saquinavir, ritonavir, indinavir, nelfinavir, nevirapine, delavirdine, abacavir, efavirenz, adefavir, BBH-10652, FTC-TBD, NKC-482/TBD, PMPA/Dis-POCPMPA.

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3. ~~The composition according to claim 2 wherein said anti-HIV drug comprises of at least two anti-HIV drugs.~~

4. The composition according to claim 1 wherein said cortisol blocker is selected from the group consisting of procaine HCl, ascorbic acid, zinc, zinc salts, zinc heptahydrate, lidocaine HCl, phosphatidylserine, HMB, DHEA, ketoconazole, pregnenolone, phenytoin, clonidine and Ipriflavone.

5. The composition according to claim 1 wherein said composition is in the form of a powder, liquid, tablet, capsule, pill, suppository, nasal spray, nasal drops, candy or gel cap.

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6. A method for the management of side effects associated with the administration of anti-HIV drug therapy, said method comprising the enteral administration to a patient undergoing anti-HIV drug therapy a therapeutically effective amount of at least one cortisol blocker.

7. The method according to claim 6 wherein said anti-HIV drug is selected from the group consisting of AZT, DDC, DDI, D₄T, 3TC, saquinavir, ritonavir, indinavir, nelfinavir,

nevirapine, delevirdine, abacarvir, efavirenz, adefavir, BBH-10652, FTC-TBD, NKC-482/TBD, PMPA/Dis-POCPMPA.

8. The method according to claim 6 wherein said cortisol blocker is selected from the group consisting of procaine HCl, ascorbic acid, zinc, zinc salts, zinc heptahydrate, lidocaine HCl, phosphatidylserine, DHEA, RU-486, HMB, ketoconazole, pregnenalone, phenytoin, clonidine and Ipriflavone.

9. The method according to claim 6 wherein said anti-HIV drug and cortisol blocker are in admixture and are in the form of a powder, liquid, suppository, nasal drops, nasal spray, tablet, capsule, pill, candy or gel cap.

10. A method for the treatment for human immunodeficiency virus infected patients, said method comprising enterally administering to said patient at least one anti-HIV drug and at least one cortisol blocker at levels effective to protect the patient from at least one undesirable side effect of the anti-HIV drug selected from the group consisting of bone marrow suppression, nausea, myalgia, insomnia, Cushings like syndrome, anemia, disruption of metabolism, elevated triglycerides, elevated cholesterol, insulin intolerance, buffalo humps and protease paunches.

11. The method according to claim 10 wherein said anti-HIV drug is selected from the group comprising AZT, DDC, DDI, D₄T, 3TC, saquinavir, ritonavir, indinavir, nelfinavir, nevirapine, delevirdine, abacarvir, efavirenz, adefavir, BBH-10652, FTC-TBD, NKC-482/TBD, PMPA/Dis-POCPMPA.

12. The method according to claim 10 wherein said cortisol blocker is selected from the group consisting of procaine HCl, ascorbic acid, zinc, zinc salts, zinc heptahydrate,

lidocaine HCl, phosphatidylserine, HMB, DHEA, ketaconazole, pregnenalone, penytoin, clonidine and Ipriflavone.

13. The method according to claim 10 wherein said anti-HIV drug comprises at least two anti-HIV drugs.
14. The method according to claim 10 wherein the anti-HIV drug and cortisol blocker are in admixture and are in the form of a powder, tablet, suppository, nasal spary, nasal drop, liquid, capsule, pill or gel cap.
15. A method to treat the catabolic effects associated with human immunodeficiency virus in a human, said method comprising the enteral administration to said human, of a therapeutically effective amount of at least one cortisol blocker.
16. The method according to claim 15 wherein said cortisol blocker is selected from the group consisting of procaine, ascorbic acid, zinc, zinc salts, zinc heptahydrate, lidocaine HCl, phosphatidylserine, DHEA, RU-486, HMB, ketaconazole, pregnenalone, phentoin, clonidine and Ipriflavone.
17. The composition according to claim 1 wherein said cortisol blocker comprises procaine, zinc heptahydrate and ascorbic acid.
18. The method according to claim 6 wherein said cortisol blocker comprises procaine, zinc heptahydrate and ascorbic acid.
19. The method according to claim 10 wherein said cortisol blocker comprises procaine, zinc heptahydrate and ascorbic acid.
20. The method according to claim 15 wherein said cortisol blocker comprises procaine, zinc heptahydrate and ascorbic acid.